



News From Congresswoman Hilda L. Solis

31st Congressional District of California

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SOLIS HELPS SECURE \$460,200 IN FUNDING FOR ALHAMBRA SCHOOL DISTRICT'S PHYSICAL FITNESS PROGRAM

WASHINGTON, D.C. – Today, Congresswoman Hilda L. Solis (CA-31) is pleased to announce that she helped secure a \$460,200 grant for the Alhambra School District's physical fitness program. The grant was obtained through the U.S. Department of Education under the Carol M. White Education Program.

"Given the prevalence of obesity among children in our communities, I am very pleased that I was able to help the Alhambra School District obtain the grant," said Congresswoman Solis. "Our children are facing an epidemic. I will continue to advocate for educational grants like this that allow schools to provide an environment that promotes healthy physical fitness habits."

With the grant, the Alhambra School District will be able to increase cardiovascular fitness for all fifth through eighth grade students in the district; improving the students' knowledge of physical fitness and its link to nutrition and life-long wellness, and ensuring the program's sustainability beyond the term of the funding cycle by developing a system of ongoing program assessment, improvement and accountability.

"I am very happy that Congresswoman Solis was able to advocate on behalf of the grant. This grant will serve to expand and improve the physical fitness programs of students in grades 5-8. Congresswoman Solis has been very supportive of our school district and this grant exemplifies her commitment to education and to ensuring a brighter and healthier future for all children," said Dr. Julie Hadden, Assistant Superintendent-Instruction from Alhambra School District.

According to the recently published *California Teenagers Eating, Exercise, and Nutrition Survey* (CLTEENS), only 29 percent of adolescents reported getting the recommended minimum of one hour of vigorous physical activity per day, with girls exercising the least.

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